ATITLAN

May 2016 Magazine Vol. 2. #5

With Antigua Section

Poster by Susanne Riedl- San Pedro, Tel.:49923990

the Alegre pub

Wii POKER WiFi

TOURIST INFORMATION & MONEY EXCHANGE

CRAZY HAPPY HOURS
RUM & COKE Q4 * TEQUILA Q8
LITRE OF BEER Q20

DAILY FOOD SPECIALS
STEAK * SUNDAY ROAST
FISH & CHIPS * BURGERS

DAILY ENTERTAINMENT
SPORTS * NIGHTLY POKER
POOL TABLE * NINTENDO Wii
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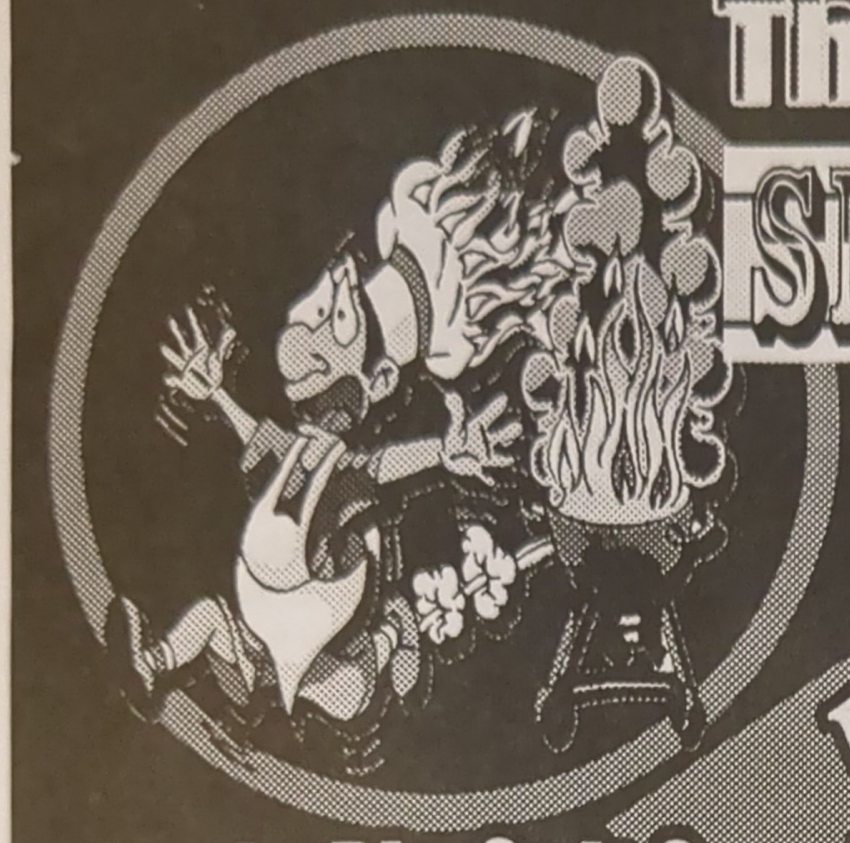
Labor Day Special at the BBQ, San Pedro

This Sunday @ SMOKIN' JOES'



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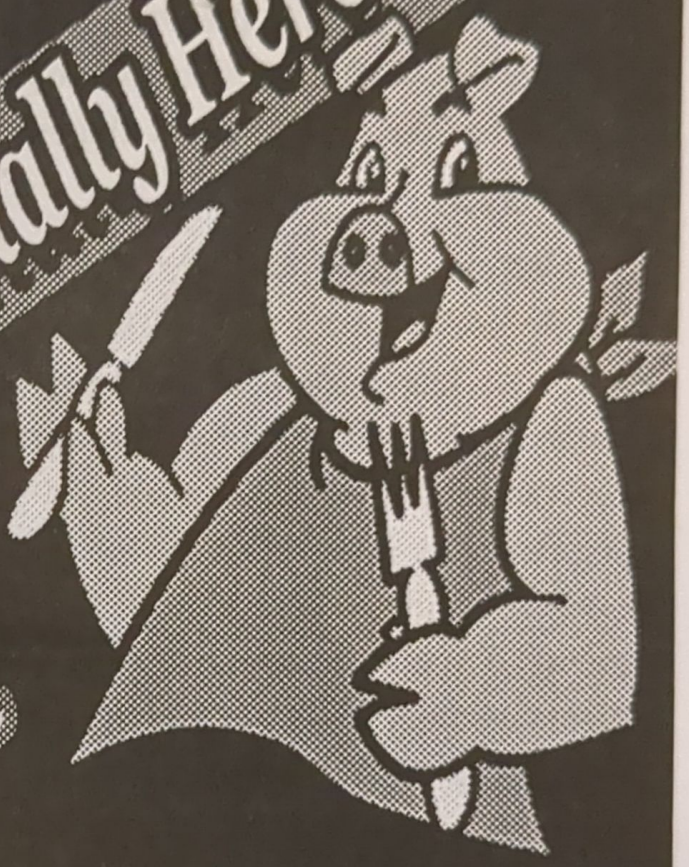
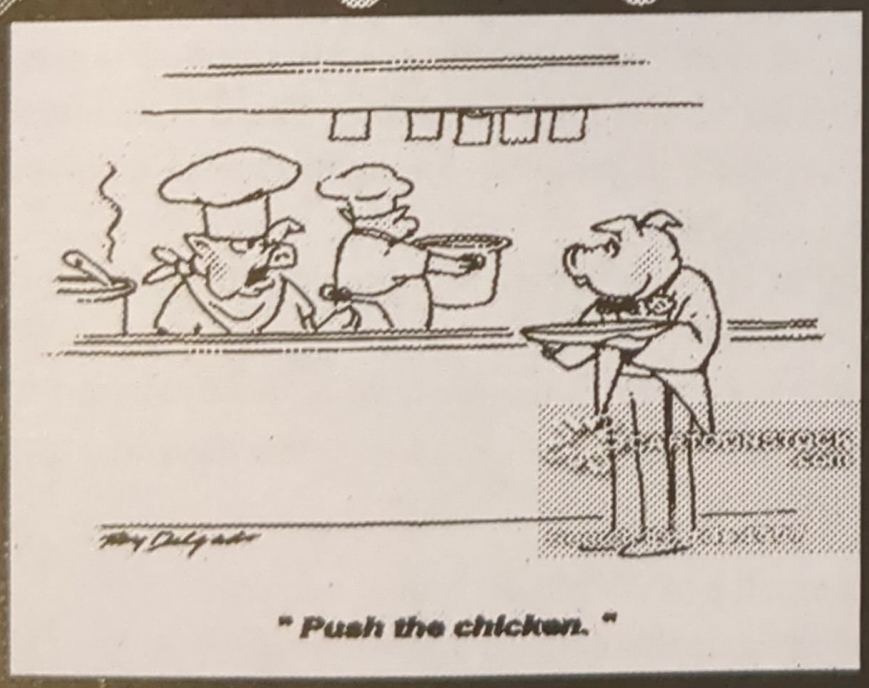


Whole Pig Spit Special

The Long Awaited...

Sunday May 1st



" Push the chicken. "

Come early for best pieces

Blue Margarita Specials & Cold Beers

Sunday 12pm to 4pm @ Cafe Chuasinayi' "The Pool"

The Villages of the Lake

Panajachel

Population: 15.000, most percent of cakchiquel mayans, Altitude: 1597 mts (5240 ft)
Panajachel, or Pana as it's more commonly called, is the most developed town in the LakeAtitlán area. It has a large expat community and a cosmopolitan atmosphere with accommodation and dining options for every budget. Pana is also a shopping mecca with everything from a large supermarket to delis and handicrafts vendors.
The catholic church in pana was built in 1567 and you can see still the original colonial style facade, one gem of guatemala. The economy is primarily based on tourism and pana is home to many international NGO´s (humans and animals) where you can volunteer.
Specials: visit the natural park on the "riviera side" with monkeys, a butterfly farm and other animals around the lake, hike nature trails and go canopying or rent a standup paddleboard, visit the big medicine garden or galeries. And its very easy to make day trips around the lake to the other villages

San Pedro

Population: 14.000, 90% Tz´utujiles, Altitude: 1610 mts (5282 ft),
San Pedro Volcan-Tower: 3019 m (9905 ft)
Specials: learn spanish, weaving, mayan painting or hike the volcan, go kayaking, canoeing, horsebackriding or enjoy the wide variety of international and local food (meat, vegetarian and vegan) in beautiful gardens. You can get diferent kind of massages or do yoga or relax in the solar heated pools.
Located at the foot of Volcán San Pedro, San Pedro is one of the most popular lakeside towns to visit. The many restaurants and bars here make for a lively nightlife scene while plenty of budget accommodation options draw backpackers from around the world. You will find also midrange or upperclass hotels in san pedro, quiet, beautiful and central or live with a mayan family while studying.

San Marcos

Population: 3000, Altitude: 1460 m (4790 ft)
Specials: the village is named "spiritual heaven", it´s famous for all spiritual things, meditation,yoga and massage centers, alternative therapies and more. There is a natural reserve (Tzankujil) where you can be active, like cliff jumping, hiking to shaman religious spots, rent kajaks or only swim and relax.
If you hungry you will find a wide variety of relaxing garden restaurants with all kinds of healthy foods and drinks in a little jungle atmosfere.
The lush greenery along the path from the dock creates the sense of an oasis where you can take a breather and get away from it all and where its easy to lose a few days in..

San Juan

Population: 11.000, 95% Tz´utujil and a small percent of cakchiquel mayans
Altitude: 1562 m (5125 ft), famous for their agriculture, textil and weaving work
with natural dyes. Make a bird watching, archaeological or medical plants garden day tour or enjoy the typical mayan life and food in a soft tourism quiet and clean village.
San Juan is San Pedro's more tranquil neighbor. Tourism isn't as developed here as it is in many of the larger lakeside towns, so San Juan offers an authentic experience for visitors who want to see more of Mayan culture.

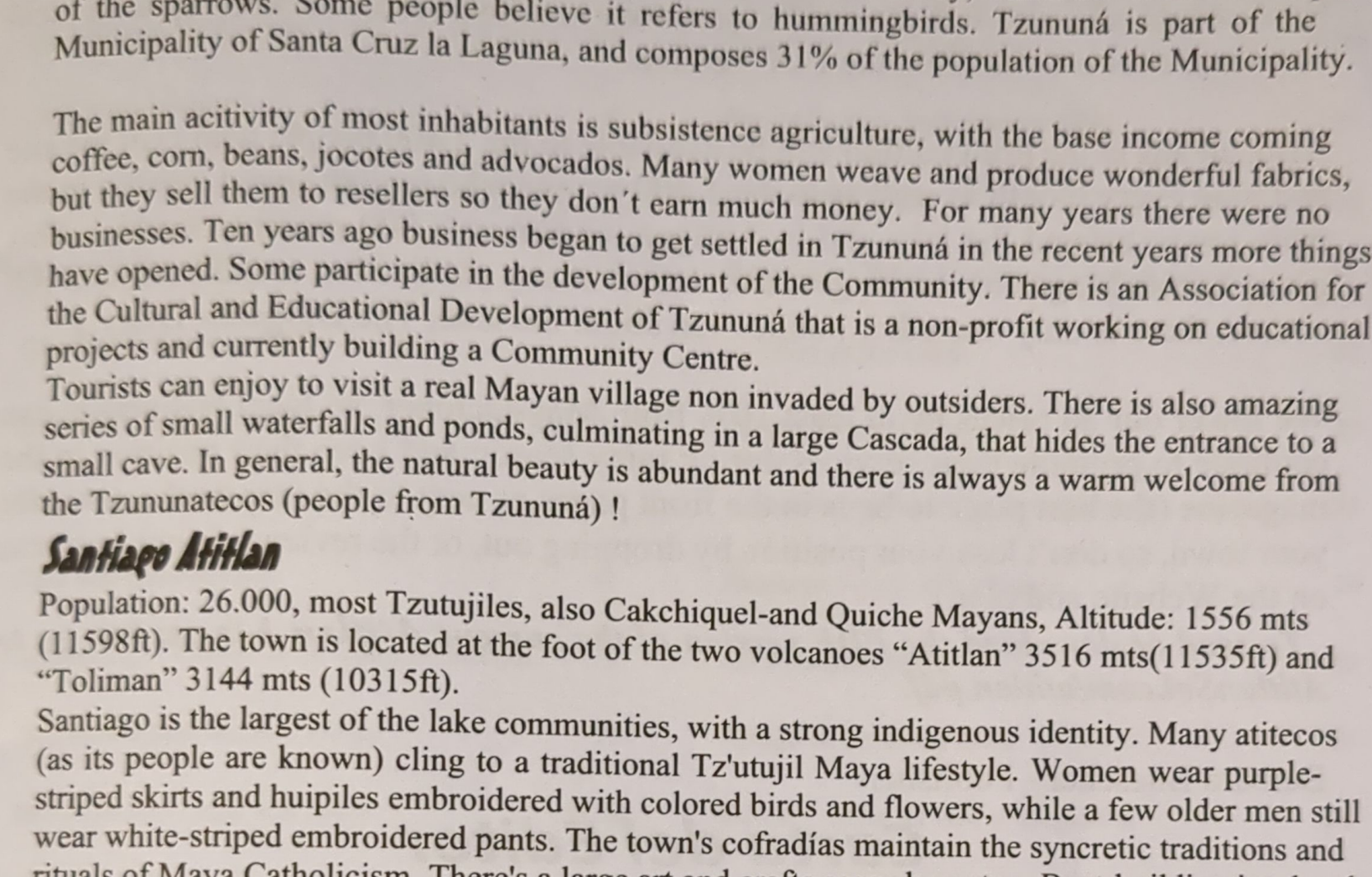
Tzununa

Population: 2000, 99% Mayan Cakchiqueles, Altitude: 1571 mts (5153ft)
It is said that the ancient name of Tzununá was Chi Tz´ unun ´Choy, which that means in the pond of the sparrows. Some people believe it refers to hummingbirds. Tzununá is part of the Municipality of Santa Cruz la Laguna, and composes 31% of the population of the Municipality.

The main acitivity of most inhabitants is subsistence agriculture, with the base income coming coffee, corn, beans, jocotes and advocados. Many women weave and produce wonderful fabrics, but they sell them to resellers so they don´t earn much money. For many years there were no businesses. Ten years ago business began to get settled in Tzununá in the recent years more things have opened. Some participate in the development of the Community. There is an Association for the Cultural and Educational Development of Tzununá that is a non-profit working on educational projects and currently building a Community Centre.
Tourists can enjoy to visit a real Mayan village non invaded by outsiders. There is also amazing series of small waterfalls and ponds, culminating in a large Cascada, that hides the entrance to a small cave. In general, the natural beauty is abundant and there is always a warm welcome from the Tzununatecos (people from Tzununá) !

Santiago Atitlan

Population: 26.000, most Tzutujiles, also Cakchiquel-and Quiche Mayans, Altitude: 1556 mts (11598ft). The town is located at the foot of the two volcanoes “Atitlan” 3516 mts(11535ft) and “Toliman” 3144 mts (10315ft).
Santiago is the largest of the lake communities, with a strong indigenous identity. Many atitecos (as its people are known) cling to a traditional Tz'utujil Maya lifestyle. Women wear purple-striped skirts and huipiles embroidered with colored birds and flowers, while a few older men still wear white-striped embroidered pants. The town's cofradías maintain the syncretic traditions and rituals of Maya Catholicism. There's a large art and crafts scene here, too. Boat-building is a local industry, and rows of rough-hewn cayucos are lined up along the shore. Santiago is ther home fo **Maximón** (mah-shee-mohn), who is ceremonially moved to a new home on May 8 (after Semana Santa). The rest of the year, Maximón resides with a caretaker, receiving offerings. He changes house every year, but he's easy enough to find by asking around.
Main Markets Days are Friday and Sunday, but also the other days are good for a visit !



Letter from the Editor

For the first time, the entire print version of the current Atitlan Magazine will appear on our Website, AtitlanSol.com, as a PDF file that you can read online or download. Now people who return to their home countries in rainy season can keep up with local news and events by reading the PDF version.

Also, all ads in the print edition will be available to the 2,400 people who visit the site and blog every month as well as to the 1,400 people who read the print version in the main towns around the lake and in Antigua, or almost 4,000 monthly readers. This gives Atitlan Magazine the biggest circulation of any publication at Lake Atitlan. (Of course, there is only one other publication about the lake, The Diogenes Diary.)

We lower our ad prices by at least 10% from May-October, so local businesses can continue to promote their services during rainy season and keep their position in the magazine (the best place to be is in the front pages or next to the map or the news for your town, so don't lose your position by dropping out, or the review of your business on the Website and blog).

To read or download the PDF version of the current Atitlan Magazine, go to AtitlanSol.com/atitlan.pdf.

Barbara Buescher - Publisher-

Carta del Editor

Por primera vez, toda la versión impresa de la Revista actual Atitlán aparecerá en nuestro sitio Web, AtitlanSol.com, como un archivo PDF que se puede leer en línea o descargar. Ahora las personas que regresan a sus países de origen en época de lluvias pueden mantenerse al día con las noticias y eventos locales mediante la lectura del PDF version.

Also, todos los anuncios en la edición impresa estarán disponibles para las 2.400 personas que visitan el sitio y el blog cada mes, así en cuanto a las 1.400 personas que leen la versión impresa en las principales ciudades alrededor del lago y en Antigua, o casi 4.000 lectores mensuales. Esto da Atitlán revista de mayor circulación de cualquier publicación en el lago Atitlán. (Por supuesto, sólo hay una otra publicación sobre el lago, La Diógenes Diario.)

Nos bajamos los precios de los anuncios en al menos un 10% a partir de mayo a octubre, por lo que las empresas locales se puede seguir promoviendo sus servicios durante la época de lluvias y mantener su posición en la revista (el mejor lugar para estar es en las portadas o al lado del mapa o las noticias por su ciudad, así que no pierda su posición por la deserción, o la revisión de su empresa en el sitio web y el blog).

Para leer o descargar la versión en PDF de la corriente Revista de Atitlán, ir a AtitlanSol.com/atitlan.pdf.

Barbara Buescher - Editor-

Atitlan Magazine

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Facebook: Solar Pools San Pedro

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Special Dates May 2016:

Labor Day: 01st May 2016
Sta. Cruz Village Party: 10th May
Mother´s Day: 10th May 2016
New Moon: 6th May 2016
Full Moon: 21st May 2016

Climbing Volcan San Pedro

A key activity at Lake Atitlan is climbing San Pedro Volcano. The 3,020-meter high Volcan de San Pedro—overlooking the town of Santiago, Volcans Toliman and Atitlan, Cero de Oro and across to Panajachel on the other side of the lake—has a magnificent view from the peak.

The three to four hour climb from the park entrance to the volcano summit winds through coffee plantations, maize fields and pine forest. Halfway, there's a lookout point with a view over the town and across to Indian Nose.

This part of the hike is a good place to consider the rest of the climb. The path gets steeper from here, and it's still over an hour-and-a-half to the top. Hikers in good shape and with proper footwear (boots or hiking shoes, not thongs) can make it without any problems.

Volcan Pedro is rich in flora and fauna. You'll see cypress trees, which are used by local fishermen to make their canoes, and the *mano de leon*, a tree with flowers shaped like lion's paws. If you're lucky (and quiet!) you may see wild turkeys, wild boars, even a rare bird called the horned guan. Local guides are knowledgeable about wildlife and plants and can answer any questions.

Climbing this volcano requires an early start to ensure that you can appreciate the view from the top before the clouds arrive. Leaving at 6 AM should suffice, but your guide may suggest an earlier time to be safe.

It's a 25-minute walk from the town to the park entrance, but you can save time by taking a pick-up truck from outside the Catholic Church or organizing a tuk tuk the night before. Just ask for "al volcan."

Carry a poncho and something warm during rainy season. Few tiendas are open this early, so hikers are advised to buy breakfast and lunch the night before. There are no shops on the trail, so make sure you have enough food for lunch at the top and enough water for the climb, at least a couple of big bottles per person. Don't believe those that say there's a Gallo tap at the top: if you want beer you need to carry the extra weight yourself!

It's important to go with an organized tour or guide because the lower part of the trial splits into many different paths to allow coffee growers access to their plantations. This way you won't take the wrong path and end up on the wrong part of the mountainside.

The local guides' hut, beside the Panajachel dock, organizes trips up the volcano. Prices include local guide and park entrance. If staying in San Pedro or San Marcos, you can book with them directly, with Tornado´s Excursions or other agencies. From Santiago, you can book a tour at Posada Santiago.

So pack your lunch and lots of water. Put on your hiking boots and enjoy. And don't forget your camera!

By Matt Purvis

SAN PEDRO

News:

Health Food Store: moved to a new location, see page 8 & map !

Alegre May Specials:

4th may: Star Wars Day
5th may: 5th may Party
28th may : Champion´s League Final

FAlegre for Oldiessday & Friday: 12 pm to 4 pm
is **"Senior Special Lunch Club"** people over 55 get 20% discount on all the food. Be happy to be over.....

Movies Alegre Pub Monday to Friday: 7:30 pm,

Lodging San Pedro:

Hotel Mikaso, the town's classiest hotel, has dorms, rooms with private bath, a fine restaurant and Jacuzzis. great view over San Pedro and lake.
Casa Atitlan offers rooms and dorms with a lake view and a garden restaurant. Great coffee, espresso and Cappucino.
Hostel Pinocchio, offers rooms with private bath, dorms and a spectacular lake view from the roof terrace. Tent Space! Own restaurant.
Hostel Zoola has a heated pool and a big space for chilling and eating. Own Pool Bar, Mediterrenian Food.

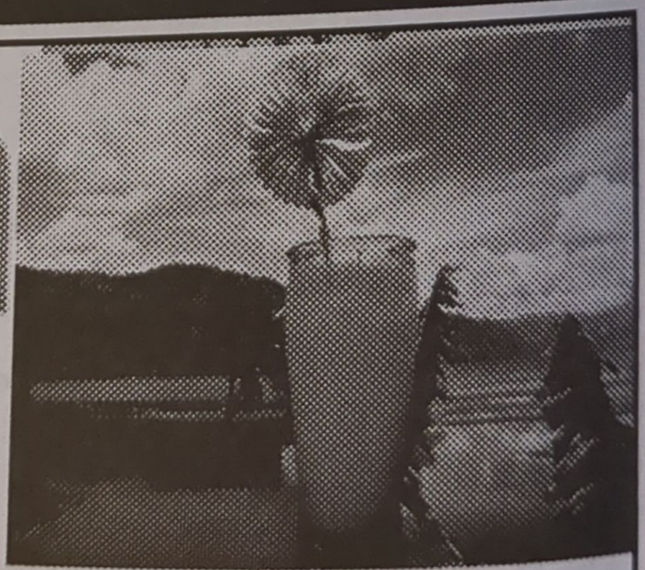
Hospedaje Lolita offers clean rooms and dorms, good equiped kitchen and a every time friendly laughing owner.

Heated Pool

Q25 Pool Bar Entry Fee Includes First Drink Free

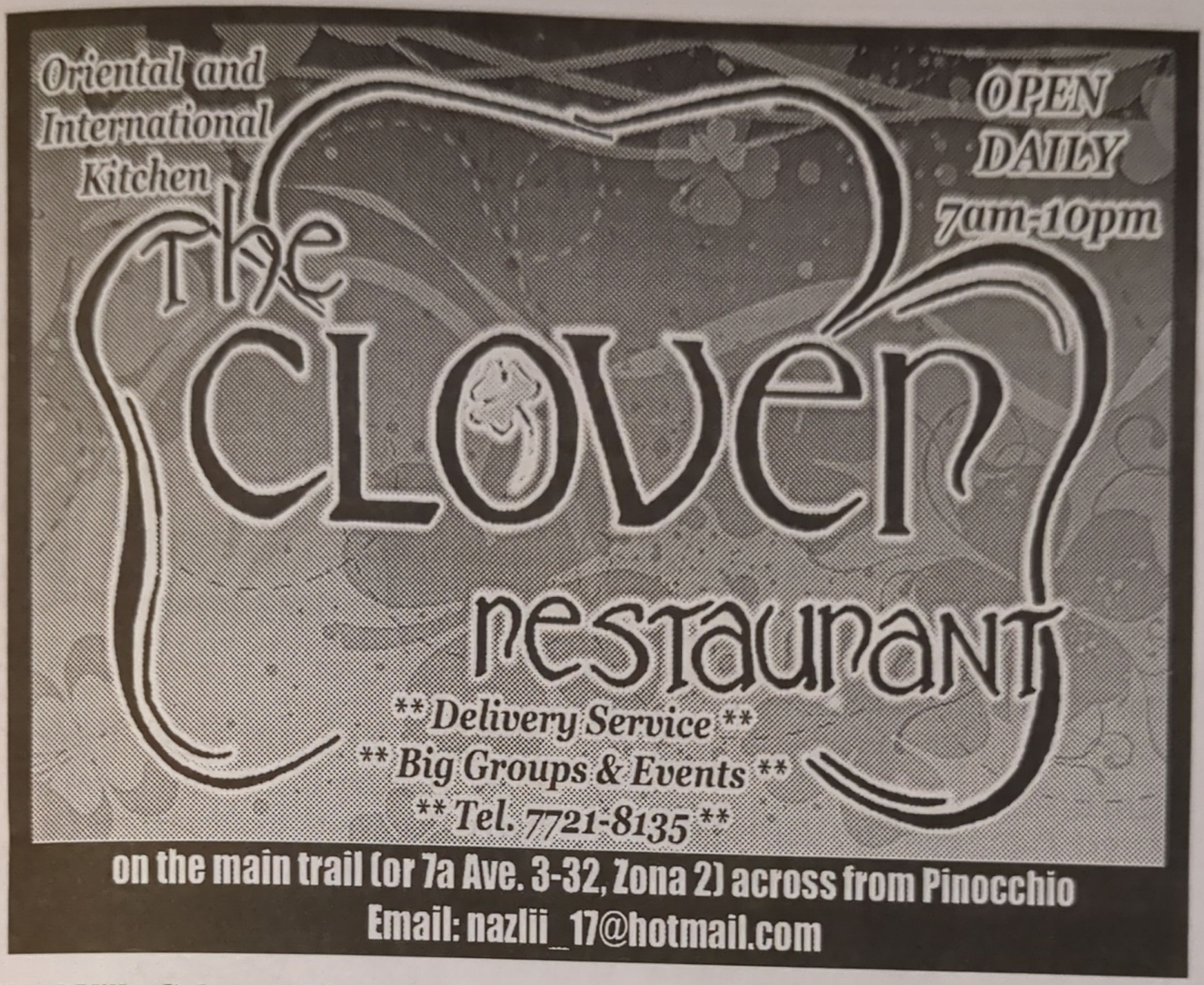
Zoola

Pool Bar



featuring Central America's most dangerous happy hour

4-11 free shot with purchase of any alcoholic beverage



Hotel Villa Cuba, comfortable roooms and Bungalows,with TV and Lakeview, private Parking, 8 Minutes outside town. Page 8

Health, Massages and more:

Health Food Store, all kinds of natural things, like herbs, teas, cleaners and more and a wide variety of special and organic food, homemade bread and peanut butter. Page 8

Solar Pools, sun heated water in solar pools, single or groups, massages, yoga chiropractic or acupuncture, bakery and laundry, Restaurant special in serving big groups. Page 7

Therapeutic-Massage(Ada), (ph.54711590), see map

Angela Massage17, ph.55601003),

Tami-Massage (page 18, ph.45971448),

Pedro-Massage (ph. 30863096),**see map**

Louisa- Massage & Tarot Card Reading (54386045) p.13, see map

Watch **ALL** special massages and more therapies on the public flyers you will see on many of the public boards.

Erin´s Natural Facials and Massages, appointment : ph. 4711 9044, p.13, map

Temazcal San Pedro: take a mayan Sauna and buy natural cosmetics and more in the nature store.,see map, p.13

Spanish Schools:

Hub- Language: interactive activities FULL-ON SPANISH, live in native families or rooms inside the school and learn mor of the mayan culture. page 8,

San Pedro Spanish School: qualified teaching in a great quiet garden, more activities and family stay possible. p.39

Specials:

Gypsy´s , if you need beautiful, cheap second hand clothes, shoes, accesoires and more. See map, page 17

Tornado´s Excursions: special travel adventures by land and boat. page 13

Certified legal Translator: page 33 English-Spanish, Spanish-English

Things to Do in San Pedro

Friday

Alegre Pub.Senior Special Lunch Club 12 to 4 pm, Karaoke night 7 pm, Q4 Tequila shots

Zoola: Theme Party, 'til late.

Pinocchios: Live Music

Mikaso: meat lovers night

Saturday

Alegre Pub: Sports & Steak Night.

Pinocchios: Live Music, evening

Mikaso: All you can eat brunch Q 40 from 9:30 am to 2 pm

Garden Restaurant: Live Music

Sunday

Smokin' Joe's BBQ at High Noon. See page 13

Zoola's Theme Party has live music or DJs at the pool bar.

Alegre Pub Recovery Sunday: Giant all day breakfasts, Bloody Mary Bar,, Sunday Roast and famous **Pub Quiz** night at 7:30 pm.

Monday

Alegre Pub: half price food

Tuesday

Alegre Pub: mexican menue night (stuffed Avocados,baked jalapenos, ground beef chimichanga, fajitas and more), mexican cocktails, free Tequila

Mikaso: fresh Sushi night 6 pm to 9 pm

Wednesday

Alegre Pub: Senior Special Lunch Club 12 to 4 pm, Chef Special Night

Thursday

Alegre Pub: Pie Day

Zoola: Ladies Night, 2 x 1 drinks for the ladies.

Mikaso:all you can eat Pizza Night Q.50

Poker & Black Jack:

Break in the rainy season !!!

Zoola´s Special Boat Party:

every **Tuesday** (11:30 am) leaves the **Party Boat** from the dock near Casa Blanca (behind the Pana-Dock), drinks free, no food, entrance fee: Q180 !

Happy Hour in San Pedro

Cafe Atitlan: Q9 Rum & Coke,

Pinocchio: 5 pm to 8 pm

Alegre Pub: Daily Discounts

Zoola Pool Bar: 4 pm to 11 pm

Shanti Shanti: Daily Specials

Garden Restaurant: Daily Specials

Tin Tin: 2 pm to 5 pm

Pequenos Pecados: Daily Specials

Clover: Daily Specials

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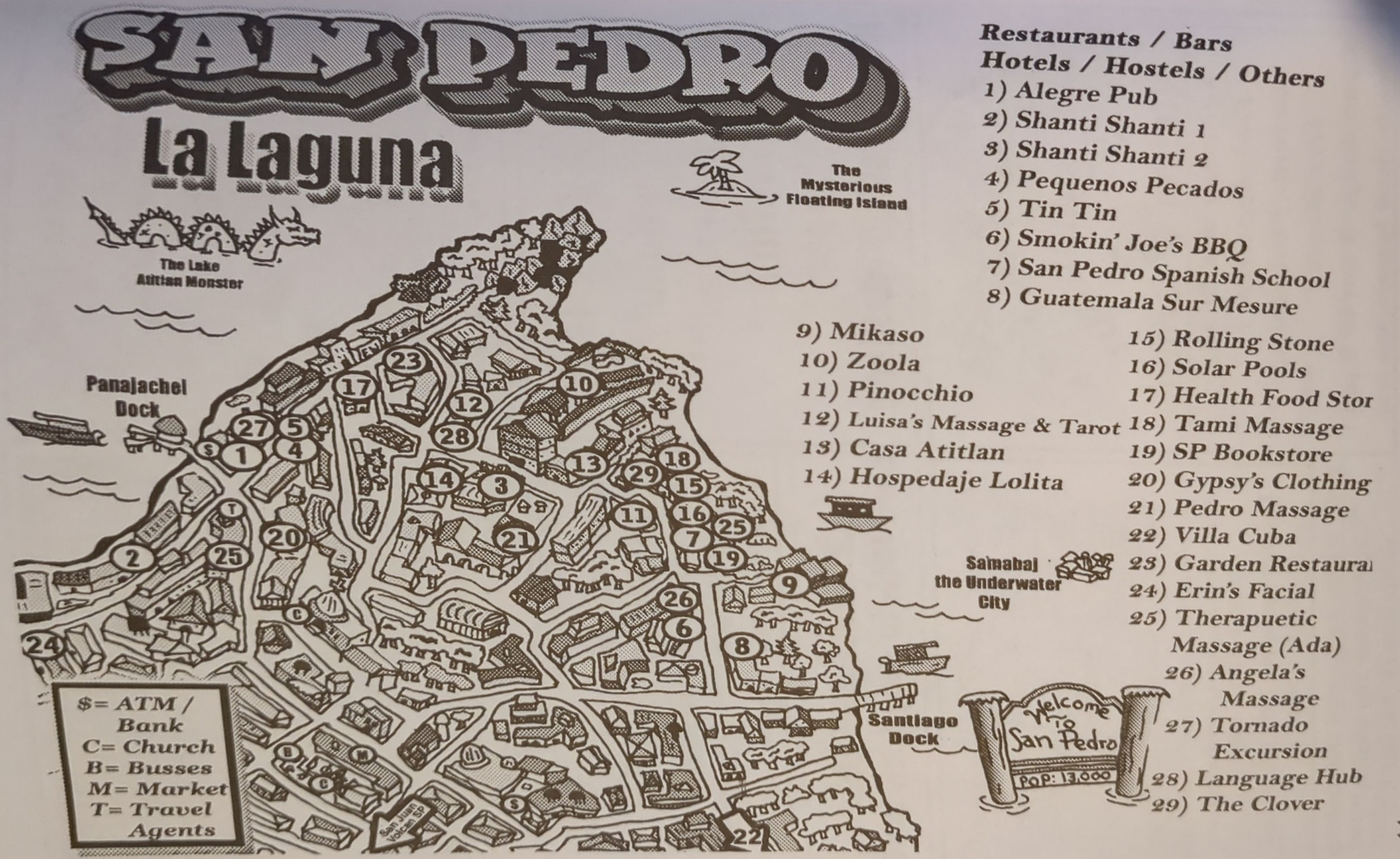
SAN PEDRO
La Laguna
The Mysterious Floating Island
The Lake Atitlan Monster
Panajachel Dock
Santiago Dock
Samabaj the Underwater City
Welcome to San Pedro
POP: 13,000
$= ATM / Bank
C= Church
B= Busses
M= Market
T= Travel Agents
Restaurants / Bars
Hotels / Hostels / Others
1) Alegre Pub
2) Shanti Shanti 1
3) Shanti Shanti 2
4) Pequenos Pecados
5) Tin Tin
6) Smokin' Joe's BBQ
7) San Pedro Spanish School
8) Guatemala Sur Mesure
9) Mikaso
10) Zoola
11) Pinocchio
12) Luisa's Massage & Tarot
13) Casa Atitlan
14) Hospedaje Lolita
15) Rolling Stone
16) Solar Pools
17) Health Food Stor
18) Tami Massage
19) SP Bookstore
20) Gypsy's Clothing
21) Pedro Massage
22) Villa Cuba
23) Garden Restaura
24) Erin's Facial
25) Therapuetic Massage (Ada)
26) Angela's Massage
27) Tornado Excursion
28) Language Hub
29) The Clover

SMOKIN' JOES'

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*Buffet Style Side Dishes * & Much More **

Saturday in Panajachel @ La Palapa 12pm to 4pm
Sunday in San Pedro @Cafe Chuasinayi' "The Pool"

Cafe and Casa Atitlan
Beautiful Hotel and Tasty Food

A San Pedro institution, Cafe Atitlan just gets better and better. Its garden setting makes it a pleasant place to start your day but you'll also want to stay for lunch, dinner and a few drinks at the bar.

The menu is centered around international cuisine, with dishes such as mie goreng, mango curry, pasta and poutine. You'll also find a variety of burgers and sandwiches. The quesadillas are simply bursting with cheese and other fillings while the nachos come in such generous helpings that you can easily share them. Not that you'd want to ... Meat lovers will really enjoy the beef medallions with red wine and soy butter or the chicken rolls with mozzarella, bacon and lettuce. Prices range from Q25 to Q45 for lunch and dinner dishes.

One of Cafe Atitlan's greatest strengths is its breakfasts, which are spectacular and cost between Q15 and Q35. Omelets and burritos are great and the chef isn't stingy with the fillings. If you want to start your day with a veggie fix, try the hippie breakfast or the hippie burrito, both of which aren't only tasty but economical too. The pancake explosion is sheer decadence and if you really want to clog up your arteries but be incredibly happy as you do so, have the Elvis waffle topped with peanut butter, fried bananas, bacon and chocolate sauce. Who says breakfast can't taste like dessert?

Of course you'll find more traditional desserts too, in the form of sweet delights like chocolate brownies or fried bananas served with ice cream. And then there's the coffee: At Cafe Atitlan they roast their own San Pedro-grown beans on site so you're assured of the freshest of fresh cuppa. Sometimes you can even smell the coffee being roasted. The bags of coffee make wonderful gifts for those loved ones at home.

The restaurant also has a bar where you can sip cheap drinks – only Q9 for a gin and tonic, for instance – while chatting to other customers or checking your email, courtesy of the free, fast Wi-Fi.

Attached to the restaurant is Casa Atitlan, one of San Pedro's more laid-back accommodation options. There are dorms and private rooms, some with private bathrooms and lake views. All accommodation rates include the item of your choice from the breakfast menu, which makes staying here a surprisingly good deal.

Cafe Atitlan and its hotel, Casa Atitlan, are centrally located along the 7th Avenue main trail. The restaurant opens at 7:00 every day and stays open until 22:00. Both the restaurant and the hotel also accept most major credit cards.

Pinocchio

Hotel Restaurant Bar

Clean Hotel, beautiful garden, tent camping,
roof terrace with a spectacular view, WiFi
tradicional and intern. cuisine,sports bar,TV
10% discount for hotel guests in the restaurant
Happy hour 5 pm to 8 pm. On the maintrail !

Gypsy's

Second hand clothing
"Hip & Unique"
San Pedro & NEW in San Marcos

TIN TIN

Wonderful food served in a quaint garden, on the road to the Panajachel Dock across from Hospedaje Elena (see the San Pedro map)

** Pad Thai * Nasi Goreng **
** Samosas * Gado Gado * Falafel*
** Thai Green Curry * Burritos **
**Hummus * Daily Specials **
**Chinese Stir Fry* Shish Kebab*

Open for breakfast, lunch and dinner
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Happy Hour 2pm to 5pm!!

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Traditional Italian Food

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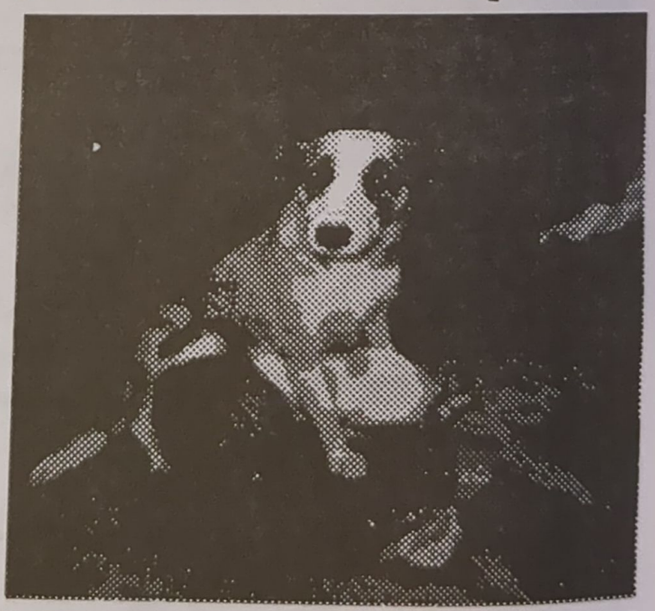
Sat/Sun 12pm-10pm Mon-closed
Beside the Health Food Store
Phone # 3031-4713
Email: elpuntoantigua@gmail.com

Atitlan Magazine´s Dog of the months May 2016

Atitlan Magazine is very proud to tell that **"Farina"**- is the Dog of the month May 2016. She is a part of the Blue Parrot - Animal Family and she loves to stay around the restaurant until the party is over. She is the happiest dog in the maintrail and plays the whole day with her friends. She is full of energy and if she meet´s human friends she is rolling around for to catch atention and nice words.
Everyone loves her, because she is never begging for food at the restaurant tables, she is only sleeping under the tables.



Phone No.´s of the village´s councils:

Santiago Atitlan: 7721-7150 or 7721-7612
San Pedro: 7721-8095 or 7721-8207
San Juan: 7823-3159
San Marcos: 54808074 or 59215247
Tzununa (Santa Cruz): 7723-4981 or 55550866
Panajachel: 7762-1081 or 7762-2014

Connecting Cultures at San Pedro Spanish School

When you're traveling in Central America, knowing some Spanish will open up a whole new world for you but let's face it: who wants to spend their days in a stuffy classroom, trying to make sense of verb conjugation, when you're supposed to be on holiday? At San Pedro Spanish School, however, you get to learn Spanish in a fun, interactive way while enjoying the beauty of the lake.

San Pedro Spanish School is located in a stunning garden setting right on the lake shore. You get assigned a personal teacher and your classes are conducted underneath a private palapa, with birds singing all around you and ducks peacefully floating by on the water. What better way is there to learn words like *pajaro* (bird) and *pato* (duck)?
The school offers different courses depending on your level of Spanish. On the first day, they give you a simple test to see what your needs are and then customize the course just for you. Even if your entire Spanish vocabulary consists of the word *hola*, you'll be having full conversations in no time if you're willing to put some effort into it.

The teachers are professional and friendly and will quickly find out what your interests are. They'll then use situations you're likely to encounter in real life to help you not only learn the language but about Guatemalan culture as well. There's no need to be nervous about being the only student in class either: you have the option of studying with a friend.
Because the school knows how important it is to practice what you've learnt, they offer you plenty of opportunities to do just that. For instance, they have a conversation club where you can interact with fellow students who are at the same level as you are, salsa classes, excursions and volunteer opportunities with Niños del Lago, a project that supports the young people of the local community. They can also arrange a homestay with a local family so that you can experience complete immersion into the language and culture.

Another thing that the school understands perfectly well is that you want to make the most of your time in San Pedro, so they have a flexible schedule. You can decide whether you want your classes in the morning or in the afternoon and you can take things on a week-by-week basis. When it's time to move on, you can even continue lessons via Skype.

San Pedro Spanish School is located on the main trail between the two docks and near the Solar Pools. They also have sister schools in San Marcos and Xela.

San Pedro Chicken Buses

Chicken Buses leave from San Pedro in front of the Catholic church in the center and stop in San Juan and San Pablo. If leaving from San Marcos, catch the bus in San Pablo.

San Pedro to Guatemala City: (4 hours):

Mond. to Saturday am: -3-4-5-6-7-8-9-10-12pm-1:30 -2 pm**(last)**

Only Monday morning first bus at: 2 am

Sunday am: - 6-7- 8--10--12 pm-1- 1:30- 2 pm **(last)**

San Pedro to Xela: (Quetzanltenango, 2.5 to 3 hours):

Monday to Saturd. a.m:-4:45-5:30-6:00-10:30-11**/Sunday:**5:30am

Pullmann Buses: 8:30 am and 1:30 pm **(last)** - also sundays

San Pedro to Santiago: (1 hour), **whole week:** 7 am/12:30 pm

San Pedro to Antigua: take a bus to Guate City **change** in Chimal-tenango (3 hours) to Antigua Buses (another half hour).

TO SAN PEDRO: *Guatemala City to San Pedro:*

Monday to Saturday: first bus: 4 am leaves between Zona 8-9

Second bus: 5 am at the Trebol, **only usable for insiders!**

Regular: 11 am and then every half hour until 5:30 pm **(last)**

Buses leaving Calle 41/Zona 8 or wait at bus Station at Tikal Futura

Sunday: 6 am(Trebol). 11:45 am- 1:30 pm- 5 pm **(last)**

Xela to San Pedro: -11 am-11:45 am-1 pm-2:45 pm, then every half hour until 5:30 pm **/ Sunday** -11:45 am

Pullmann Buses:-3:30pm+6pm**(last)/ Sunday:**11am+5pm**(last)**

Buses leaving at the Terminal Minerva.

Santiago to San Pedro: **whole week:** 7 am/1:30 pm can be later

Antigua to San Pedro: change buses in Chimaltenango

San Juan

Casa Flor de Ixcaco- hand spun textiles

This is the first and the original women's group that works with the hand spun cotton using old, tradicional techiques.

They use local and imported plants to dye cotton and the colors are fixed in an artisan way.The textiles are made with the backstrap weaving.

Come, visit and experience a unique demonstration of the traditional hand-spun process for transforming natural cotton into beautiful threads.

And after this experience go and f***ind the Chcolate in Ix Kokow:*** **see map**

Artisan Chocolate Ix Kokow

In Chocolate Ix-Kokow they are dedicate to select the best cacao beans to make a delicious artisan chocolate.

Come and know everything about the chocolate process, <u>make your own chocolate bar or chocolate drink.</u>

Flor de Ixcaco and Chocolate Ix Kokow : O*pen Monday to Saturday from 9 am to 5 pm, Sunday from 9 am to 1 pm*. Reservation (502) 5822 7541

www.casaflorixcaco.com/ *email:*casaixcaco@gmail.com or casabatzixcaco@gmail.com

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Mayachik Eco Hostel:
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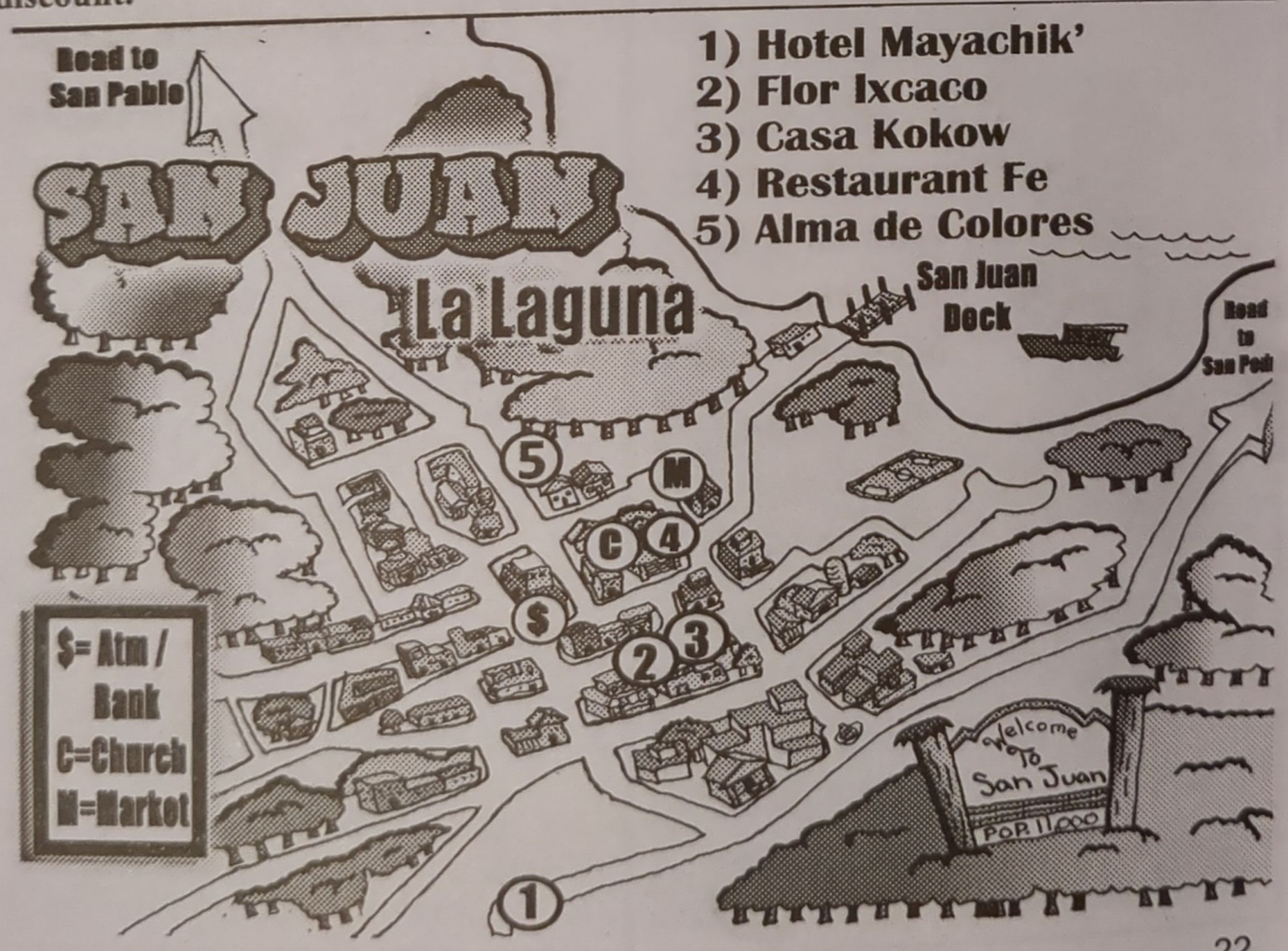
New:
Every Sunday afternoon:
Buffet of Pastries and Mayan Sauna/Temazcal Special
Friday and Saturday: Family Dinner

May Specials:
Enjoy your stay in Mayachik now with breakfast included for stays in our dormitory Mariposa, or in our bungalows Colibrí or Oruga.
We offer as well 20% discount on our delicious vegetarian meals for groups of 3 or more.
Please mention this ad to get your discount.



Restaurant Fe´

San Juan and San Marcos:

International Kitchen offers many Indian Special Curry´s, a lot of Fresh Fish Meals and also meat dishes like Filet Stroganoff and more. Vegetarian Food too !

After your meal you can drink a cup of *Organic Coffee* or buy a pound of this coffee as a gift or for yourself .

In **San Juan** you´ll find a beautiful garden restaurant with a spectacular view on the lake, across from the market.

In **San Marcos** Fe`is a beautiful Palapa Restaurant on the "maintrail" 50m up from the dock.

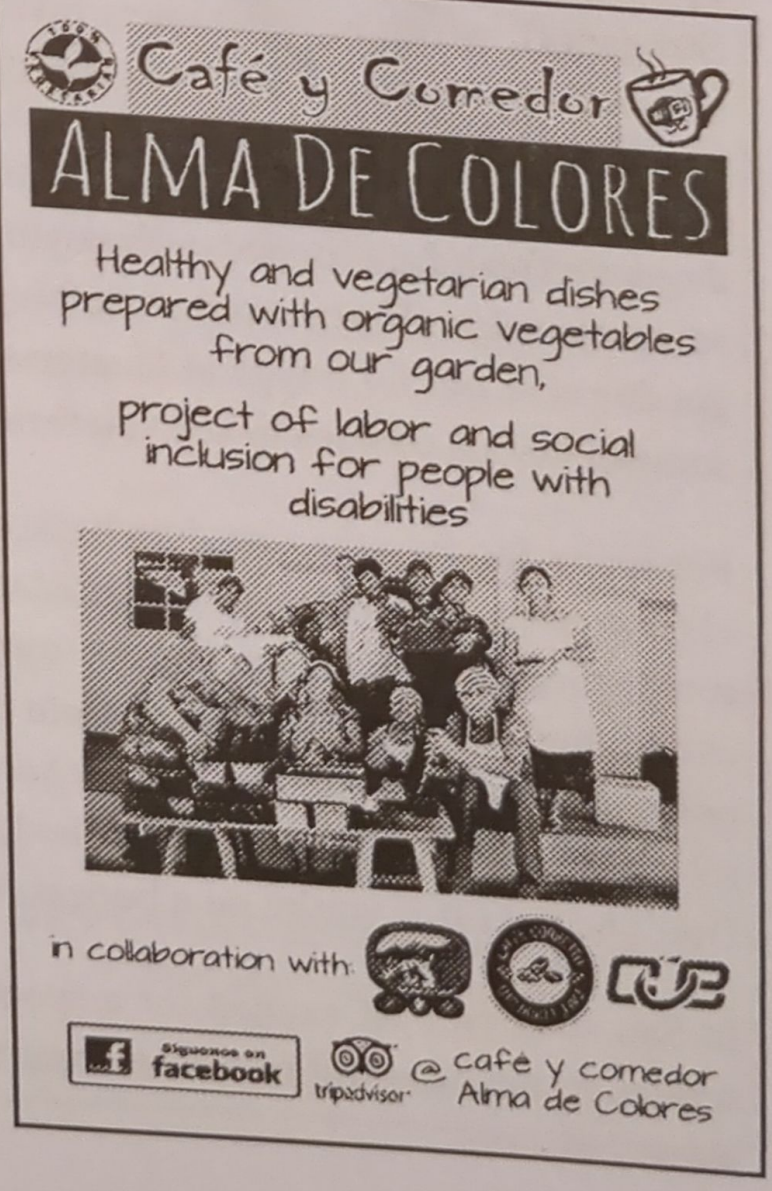
Facebook Restaurant Fe`!

Alma de Colores (Soul of Colors) is the result of a collaboration between COE in Italy and Centro Maya in Guatemala.
Alma de Colores is a social inclusion work project for youth with disabilities from San Juan La Laguna and the surrounding towns on Lake Atitlán in Guatemala.

-LABOR WORKSHOPS: BAKING
-SHOP & HANDCRAFTS
-CENTRO MAYA INTEGRAL'S SERVICES
-CAFE AND SMALL RESTAURANT

Find us in San Juan, across from Museum "Dona Julia" !

ALMA DE COLORES,
San Juan la Laguna,
coeguatemala@coeweb.org
almadecolores2011@gmail.com
Tel.: (00502) 5697 0890


Café y Comedor
ALMA DE COLORES
Healthy and vegetarian dishes prepared with organic vegetables from our garden,
project of labor and social inclusion for people with disabilities
in collaboration with:
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@ café y comedor Alma de Colores

Fine Dining at Restaurant´s Fé in San Juan and in San Marcos

While San Juan is known for hand spun textiles and San Marcos more for its holistic centers and spiritual pursuits, both towns also offer some excellent dining options. One of the brightest stars in its culinary constellation is Restaurant Fé, which has been a popular gathering place for over six years now in San Marcos and new in San Juan.

Restaurants Fé serves an eclectic mix of international cuisine and the portions are huge. Whether you're craving a decadent pizza dripping with gooey cheese, an unusual pasta like the one featuring pesto and papaya, a juicy burger or would rather have something spicy, you'll find it on the menu here.
Curry is a Restaurant Fé specialty and, for many diners, the main reason to eat here. There's a good selection, including lentil curry, shrimp curry and butter chicken. They're fragrant but not too spicy, so you won't find yourself desperately grabbing for a glass of water. The naan bread is fluffy on the inside and crispy on the outside and is just the thing to help you scoop up every fragrant morsel.

If you're a committed carnivore, Fé is definitely the place to go. Unlike so many restaurants that cater mainly for vegetarians, Fé has a good choice of non-vegetarian options too. On a rainy night, find some warmth with the rich, creamy beef Stroganoff, which has customers raving. For something a little lighter and different, why not opt for one of the fresh fish dishes?

Restaurant Fé not only serves lunch and dinner but breakfast too. You can start your day with fresh fruit topped with yogurt and granola, for instance, or treat yourself to some pancakes. If you need something more substantial, try an omelet stuffed with goodness or opt for a typical Guatemalan breakfast. While you're here, stock up on some delicious cookies to see you through until lunch or dinner time.

For many foodies, the one drawback of a great restaurant is that it's so difficult to choose what to eat. At Fé in San Marcos, this problem is solved with a tapas bar across the street. Get some friends together, order a variety of dishes and try a bit of everything. You can cross-order from the main restaurant too. The tapas bar is open only at night, though. The atmosphere at Restaurant Fé is slightly upmarket yet relaxed and after dark, the candles and red-painted walls make for a romantic mood. Don't be put off if you're on a budget, though, because prices are very reasonable.

In San Juan you get excited for a spectacular view on the lake and a very friendly service in the beautiful new restaurant which offers enough space for big groups of hungry visitors.

San Marcos

Things to Do

San Marcos is famous for its many metaphysical and therapy center, such as **Holistic Cottage** and **East-West Center,** with massages and more. They offer courses in a wide variety of massages, therapies and more, with certificates. See map !

Tienda 2012 has the town's top shopping and works with many Maya co-ops and local artesans. Second hand clothes, used books and many of jeweleries, pipes and more. See map.

Visit the ***Nature Reserve*** **"Tzan-kujil"**and go for cliff jumping.Kajaks renting, hiking and more. Entrance fee

San Marcos Spanish School, near the soccer field, get teached with high Quality in a quiet, tropical garden.

Restaurant Fe´ and Tapas Bar,
50 m up from the main dock you´ll find Fe´where you can eat special curries, Pizza, Pasta, fresh fish and vegetarian meals.
Beef Stroganoff and more is special for meat lovers.

San Marcos Holistic Cottage
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www.sanmholisticcottage.com
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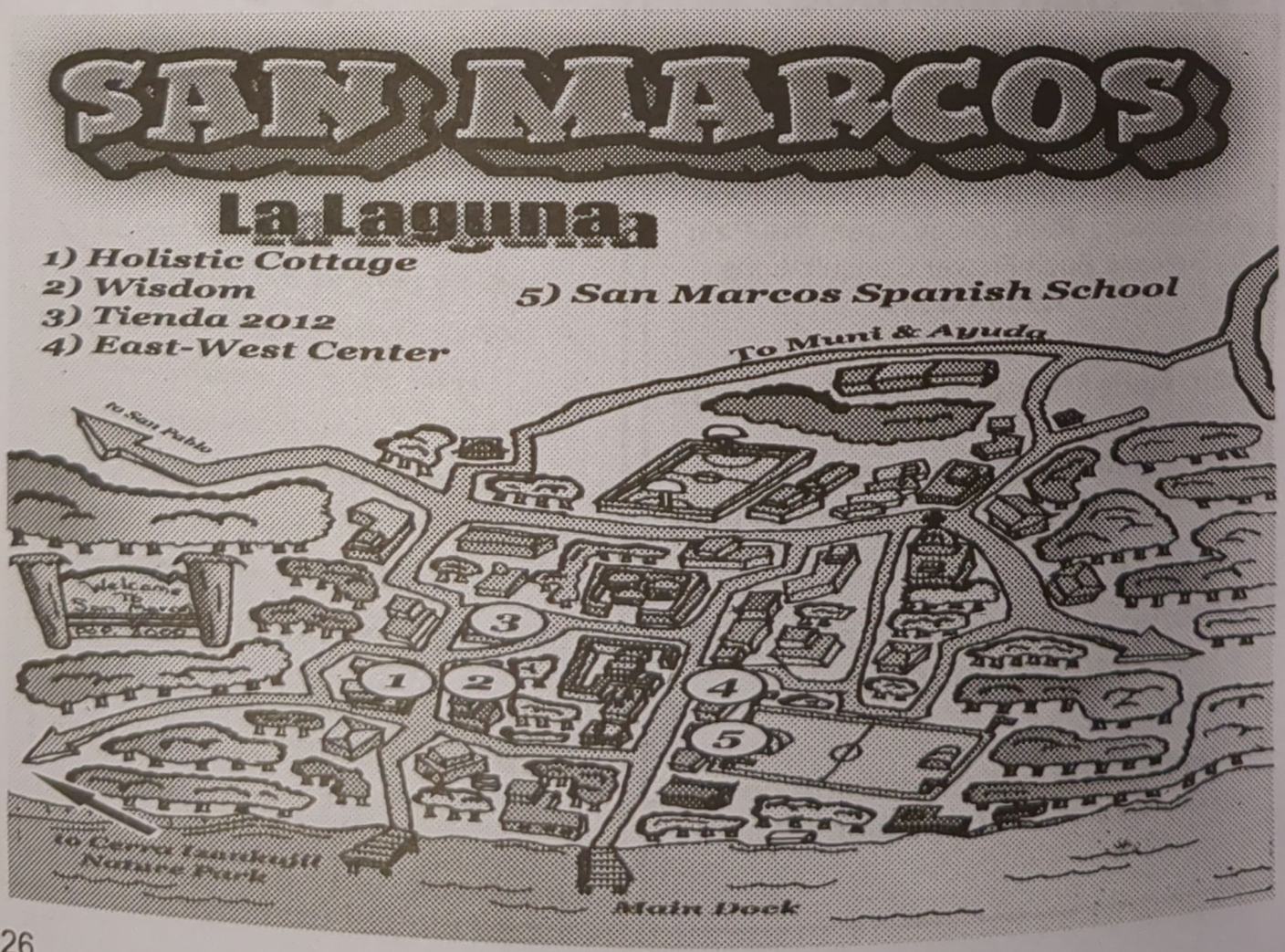
cooperativa

2012

san marcos la laguna
lake atitlan

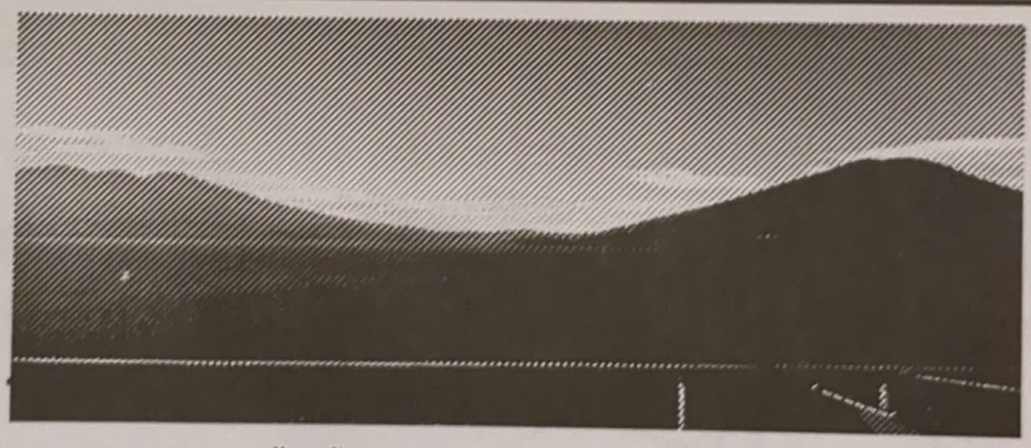


Tzununa

Tzununá is part of the Municipality of Santa Cruz la Laguna, and composes 31% of the population of the Municipality.
There is an Association for the Cultural and Educational Development of Tzununá that is a non-profit working on educational projects and currently building a Community Centre.
Tourists can enjoy to visit a real Mayan village non invaded by outsiders. There is also amazing series of small waterfalls and ponds, culminating in a large Cascada, that hides the entrance to a small cave.

Info:

Lomas of Tzununa Hotel and Restaurant: there are no noises only bird singing in this beautiful hotel-rooms. There is an own resaturant with very good meals and you can use the Temazcal too. Ask for retreats, events, congesses and more. (p.28/map)
Atitlan Organics: has a beautiful Bambu guesthouse, small restaurant, offers Permaculture workshops, Farm tours and a lot more. Happy chickens and goats, drink a goat milk or eat a goat cheese.Volunteer Program (p.27, map)
Lakshmi HealthySelf Center: Therapeutic Massages, like Hot Stone, Swedish and more. Maria offers Emotional Support with Bach Flowers or Meridian Work and she gives also Courses in Reiki, massages and Emotional Healing in this quiet village.



Do you want to get out of the noise of the cities and enjoy the best view over Lake Atitlan and its volcanoes?
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www.lomasdetzununa.com

Lomas de Tzununa

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Located in Lomas de Tzununa
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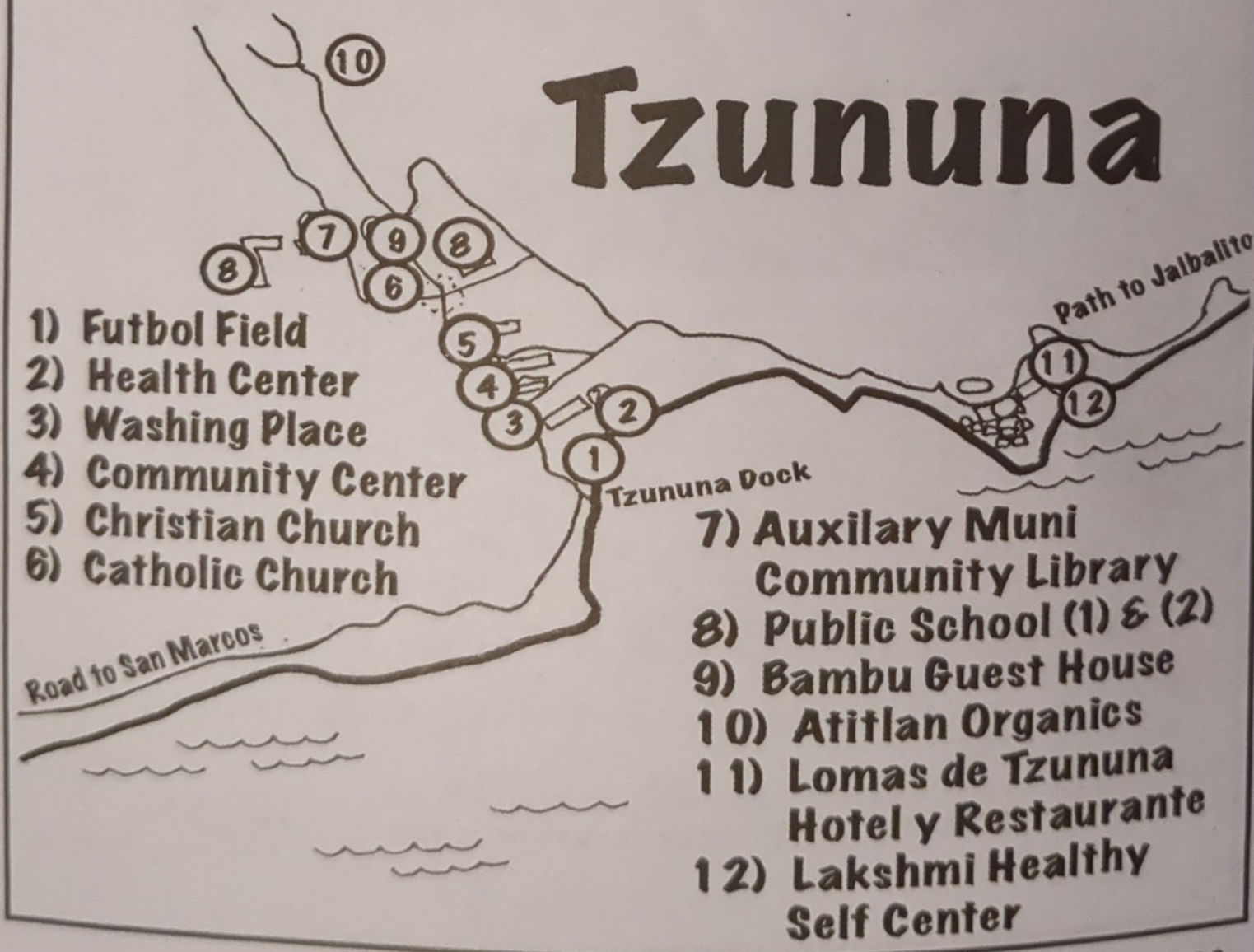

Mosquito Egg Trap made from Tyres could help stop Zika: - simple, cheap and effective -

The spread of Zika virus continues to worry health experts around the world, but researchers still have a few tricks up their sleeves. Canadian and Mexican scientists have been working together to come up with a simple but effective trap that uses mosquitoes' own scent to trick them into giving up their eggs. These eggs are known to spread dengue, and are believed to be helping to spread the Zika virus too.

If the new invention looks like two parts of an old tyre, because that's exactly what it is. Called an 'ovillanta', the contraption creates a mouth-like shape using two 50-cm sections of a car tyre, with a fluid release valve at the bottom.

A mosquito pheromone - which works by signalling to mosquitos that this is a safe breeding spot - is mixed with a milk-based, non-toxic solution, and left in the lower section of the device. This encourages the female insects to lay their eggs inside the ovillanta, on top of wooden or paper strips that are then removed twice-weekly.
The captured eggs are analysed by researchers before being destroyed by fire or ethanol.

As for the solution, it's drained, filtered and recycled back into the tyre, with the concentration of the mosquito perfume increasing over time. Over a 10 month trial period, the researchers found the trap far more successful than standard bucket traps, while the number of reported dengue cases in the area dropped considerably.

Over the course of the 10 months, the team collected and destroyed over 18,100 mosquito eggs a month using 84 different traps near the town of ***Sayaxche in Guatemala***. Using standard traps, around 2,700 eggs are usually collected each month on average.

It might not be the most high-tech solution, but that's important in developing areas where resources are scarce and access to sophisticated equipment is limited.

This particular Aedes genus of mosquito – the one held responsible for transmitting Zika virus as well as other diseases such as dengue, chikungunya, and yellow fever – has proven particularly difficult to control, according to the World Health Organisation, so this newly designed trap could have a significant impact.

By DAVID NIELD

PANAJACHEL

MUSIC AND DRINK SPECIALS

Cafe Atlantis- Happy Hour 5 pm to 11 pm. Special cocktails and live music.

DINING OUT

Cafe Atlantis starts with good breakfast at 7 **am** and has great meal specials every day. For vegetarians too !

Smoking Joe´s BBQ is a great meeting point and offers fine meats and fish from a smoking grill, a great selection of side dishes and a special dessert every Saturday from 12 pm to 4 pm! At Bar Palapa, see Pana Map. Vegetarians welcome!

WHERE TO STAY

Casa Colonia & Pana-Surf offers 9 cozy, clean rooms and standup paddleboard rentals. Adventure packages

TRAVEL

Kukulkan Travel & Tours offers special adventures by bicycle or boat, trekking around the lake, climb Volcan San Pedro Shuttles Service and more.

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ask in ***Casa Colonial*** for boards, activities like ***Yoga on a board !***

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see map page 20

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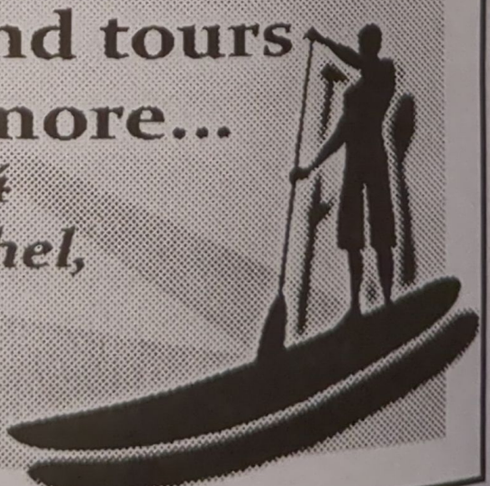

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EVERY TUESDAY PIZZA 2 x 1

Transportation Panajachel Buses, Lanchas and Shuttles:

Chicken Buses from Panajachel to GuatemalaCity, Xela, Santiago and other towns are frequent and leave from the **Main Bus Stop,** next to Comercial Dorada at top of Calle Santander, or along the main highway. To Antigua take a Guatemala City Bus and change buses in Chimaltenango. There are also **Pullmann Buses**, ask in the travel agencies.

Lanchas from Panajachel to San Pedro direct: Q25, first boat leaves at 7 am, then the boats leave when there are 12 people on board, can be after half hour or you need to wait longer. **Last boats at 5 pm and 7 pm** Boats **along the shore** pass by every village (a nice 1 hour trip), Sta Cruz, San Marcos etc. - first boat leaves at 6:30 am And then every 20 min. until 7:30 pm, different prices, to S.P. also Q 25.

Lanchas from San Pedro to Panajachel direct: Q25 first boat leaves at 6 am, than you need to wait for 12 people, like from Panajachel, **last boat at 5:30 pm.**
Lanchas along the shore, first boat at 6 a.m., than every 20 min. til 5 pm Prices to San Marcos Q 10, Sta. Cruz Q 20, Panajachel Q25

Lanchas from S.P. to Santiago: Q 25, first boat leaves at 6 a.m., than every hour, **last boat at 5 pm.** ***In Santiago its better to ask*** the time for the return boats to San Pedro. **Last Lancha 5 pm**

Private Lancha cost US$ 50.-, ask in the Agency "Tornado`s Excursions", see San Pedro Map !

For Shuttles to the Airport, Antigua, Monterico and other travel spots or private Transport you need to **ask in the Travel Agencies.** ***NEW:*** Shuttles available at **4 am or 5 am** to the airport or Antigua and a return shuttle **from Antigua at 4 pm** to the lake (San Pedro).

TUC TUC´s San Pedro Q 5 in the village, to San Juan Q 10 per Person Panajachel Q 5 per Person, Antigua Q 10 for 1 Tuc Tuc, weekends Q 15 (max. 2 persons). Nights are more expensive !

PANAJACHEL
La Laguna

a) Clinic
b) Cathedral
c) Football Field
d) Public Beaches

1) Restaurante Casablanca
2) Cafe Atlantis
3) Smokin' Joe's BBQ (Saturdays)
4) Kukulkan Travel
5) Casa Colonial & Pana Surf

LODGING at Lake Atitlan
and in Antigua:

San Pedro:
Casa Atitlan, see back cover
e-mail:cafecristalinas@yahoo.com
Pinocchio, see page 17
homepage in work
Hotel Mikaso, page 3
e-mail: info@hotelmikaso.com
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www.hotelvillacuba.com

Panajachel:
Casa Colonial & Pana-Surf, p.30,
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San Juan:
ECO Hostel Mayachik, p.22
www.mayachik.com

Tzununa:
Lomas de Tzununa, p.27
www.lomasdetzununa.com

Santiago Atitlan:
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Español-inglés / inglés-español

Spanish –English / English- Spanish

Se hacen traducciones Legales y Libres

All forms of translation available

(Documentos relacionados con el trámite de Residencia, Constancias Médicas, Certificados de Defunción, Propuestas de proyectos, Informes.)

(All documents related to Residency Process, Medical Certificates, Death Certificates, Project proposals, Reports, etc…)

Contactar a: Joanne Kemp en San Pedro La Laguna, Sololá

Cel: 5543 7185

joanne.kemp06@gmail.com

Artesania & Local Food Markets in the Area

The **Sololá market**, has the lake's best paca for used clothes, plus lots of textiles and other Mayan art and souvenirs. **Every Friday** is a **big handicraft market a**nd every day fruits, vegetables and more..

Santiago, reached by boat from San Pedro or Panajachel, is a good place to shop for **hand-carved souvenirs and other items.** Big market days for both is **Friday and Sunday,** at the dock.

Shuttles from San Pedro and Panajachel leave at 6 AM for a day trip **to Chichicastenango** on Thursdays and Sundays.

Panajachel's Santander Avenue, lined with booths, is like a week-long market.

San Pedro, San Marcos and Santa Cruz have market days that sell more food than souvenirs or clothes.

Santiago Atitlan

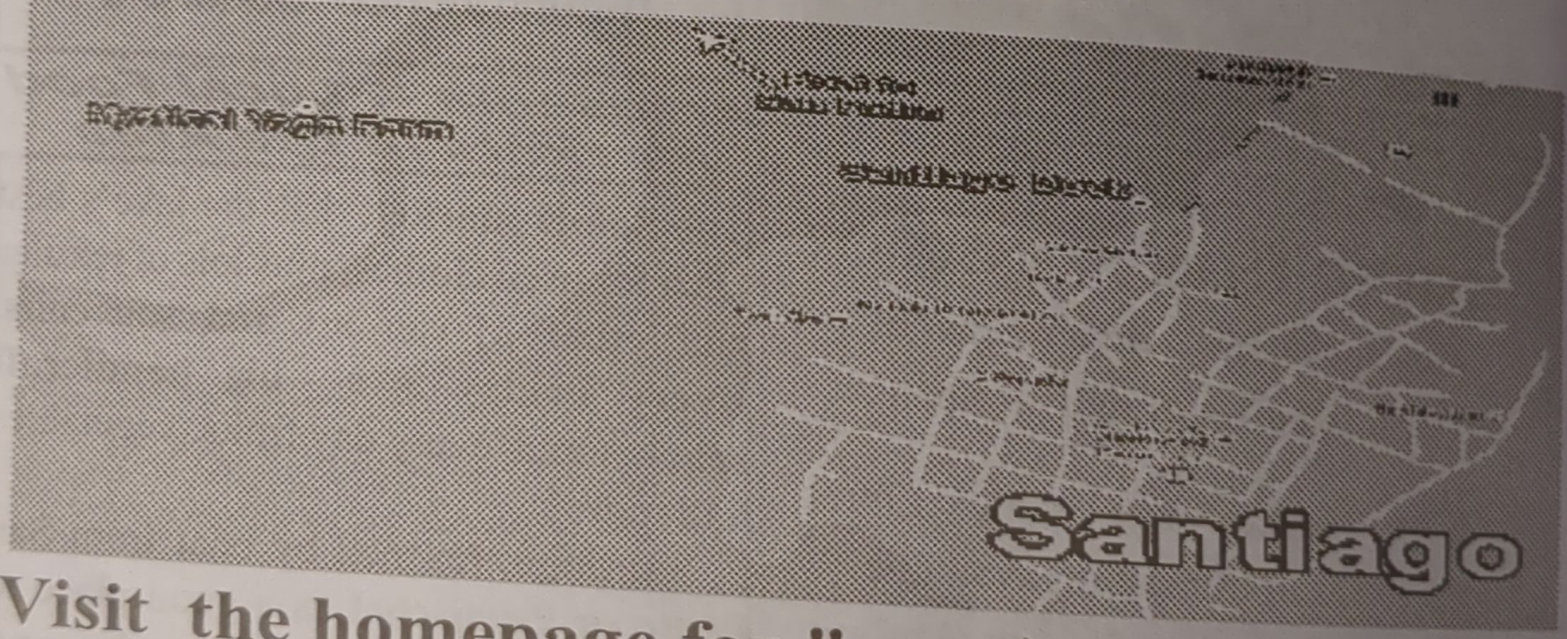
Across the lake from Panajachel, on an inlet between the volcanoes of Tolimán and San Pedro, lies Santiago Atitlán, the largest of the lake communities, with a strong indigenous identity. here's a large art and crafts scene here, too. Boat-building is a local industry, and rows of rough-hewn cayucos are lined up along the shore. The best days to visit are Friday and Sunday, the main market days, but any day will do. There are a few hotels and restaurants in town and a regular traffic by buses and boats to come and leave the town.

Info:

The Mystical Yoga Farm is a self-directed Retreat Center and Spiritual Community located on exquisite mystical Lake Atitlan, Guatemala.

Focused on self-sustainability, organic connection with the environment, and feeding and nurturing the bodies and souls of yogis, teachers and healing practitioners, our desire is to heal the earth and its inhabitants through connection with nature and Spirit, the source of all of creation.One of the primary principles that feeds us is that of ahimsa, harmlessness and the preservation of life, which radiates out in sustainable practices both inside and outside our walls.

www.mysticalyogafarm.com



Visit the homepage for "mystical may"courses, workshops, special trainings and and more.....

Lake Atitlan Dining

San Pedro (map p. 14)

Pinocchio Restaurant, in a beautiful garden, opens at 7 am, there are special Pinocchio´s Pizza and Salad, delicious desserts.

Paul´s Gaff the real Irish Pub and Steakhouse, imported meat. Great drinks

Zoola Mediterranean-style cuisine in a tropical setting with relaxing spots.

Alegré Pub Sunday Roast Dinner, Full English breakfast, more daily specials. Friday´s: Senior Special Lunch Club !

Hotel Mikaso T-bone steaks, Asian dishes, Mayan Paella, Seafood Tempura. Brick Oven Pizza. Fresh Sushi, Tuesday Saturday brunch 9:30 am to 2 pm.

Café Atitlán Unique lunch and dinners, burgers, you can get a special Hippie breakfast. Great coffees.

Shanti Shanti 1+ 2 serving delicious fresh Israeli food as well as Vegetarian and more in a relaxed, friendly garden atmosphere.

Garden Restaurant serves intern. breakfast, israeli food, Hummus specials and more.Open 9am - 9pm daily.

Pequenos Pecados Tradizionale Italiano, original traditional Italian Food, like Ravioli and wonderful desserts.

TinTin has economical asian and international kitchen, nice garden

Clover serves a wide variety of oriental and international food, deliver service.

Solar Pools great economic breakfasts, lunch and dinner, sells homemade bread, tasteful pastries and organic coffee.

Salud Para Vida Health food, supplements, organic snacks, bread

Panajachel (map p. 32)

Cafe Atlantis serves breakfast, lunch and dinner. Vegetarian specials, eggs benedict and more. Daily specials and Thursday Pizza 2 for1 Open daily at 7am

San Juan (map p. 22)

Mayachik the only **vegan-vegetarian** Restaurant. Globally inspired food, homemade Desserts Open: 8 am to 8 pm

Restaurant Fe´, international meals, like Indian Currys, fresh Fishes, Filtes and more. Open 8 am to 10 pm

Cafe & Restaurant Alma de Colores, vegetarian healthy food out of the own organic garden, great homemade cakes, Project for disabled local humans.

San Marcos (map p.24)

Restaurant Fe´, 50 m up from the main dock, left side, see San Juan !

Tzununa

Atitlan Organics has organic food and a small restaurant with special meals.

Lomas Hotel and Restaurant offers breakfast, lunch and dinner, not only for hotel guests

Sanitago Atitlan

Mystical Yoga Farm, search on the homepage, special food, see page34 !

Things to Do at the Lake

Explore the lake by kayak, scooter, bicycle, horse or on foot and go exploring on your own.
Leave early for Indian Nose or San Pedro Volcan for the sunrise. Other hiking tours are available around the lake. If you **hike between towns,** go with a group, dogs or guide.
Visit the small **Wildlife Park** with a butterfly section in the part of the Riviera Maya **in Panajachel.** (Entrance fee).

Massage & Therapy and Others:
San Pedro: The are top massage places see San Pedro. Or you can rent **Hot Tubs** or do **Yoga.** Hotel Mikaso has **2 Jacuzzis,** one on the roof top.Try the mayan sauna, **San Pedro´s Temazcal Tarot Card reading:** Louisa (Massage) or take a break with **Erins facials! Make a painting and drawing course** with Susanna

San Marcos: Massages and more in East-West Center and Holistic Cottage. You also can find other spas,therapy centers, alternative healing as well as Yoga and Meditation.
Swimming with BBQ
Smokin' Joes' Southern-style barbecue Sundays at the pool in San Pedro, Saturdays in Panajachel at Bar Palapa.
Or jumping safe into the lake from the platform im Naturepark "Tzankujil" (the Rocks) in San Marcos. (Entrance fee).
Other Activities
Weaving courses, learn from Mayan women. A lot of **volunteer oportunities** around the lake, work with children, animals or art. Ask in the villages.

Shopping in all villages around the lake makes a lot of fun, but **don´t trade** like in asia, here it´s not a "sport".

Spay & Neuter Programm
Lake Atitlan:

05th May 2016, Panaja chel, Salon de la Muni
12th May 2016 San Pablo, Centro de Salud
18th May 2016, San Pedro, Municip
19th May 2016 San Marcos, white house, above Centro de Salud
26th May 2016 Santiago Atitlan old Centro de Salud
All clinics **start at 9 a.m.** and are first come, first served until **we reach 30 animals.**
No animals are accepted after 12 noon.
All participants are asked **to donate** what they can afford towards their pet's treatment

Every clinic gets organized and funded from **AYUDA**-NGO ! Please donate !
www.ayudagt.wordpress.com
mail: selaine.atitlan@gmail.com

ATITLAN MAGAZINE

Atitlan Magazine is published monthly by Sina´s in San Pedro and distributed in San Pedro, San Juan, San Marcos, Tzununa, Panajachel, Santiago Atitlan, Antigua, the International Airport and Inguat in the Capital.

Facebook: Atitlan Magazine

Email: atitlanmag@yahoo.com

Phone: 4124 0874

Website: Atitlansol.com

Blog: www.wp.me/2CKXv

Antigua

Bar Ocelot and Lava Bar

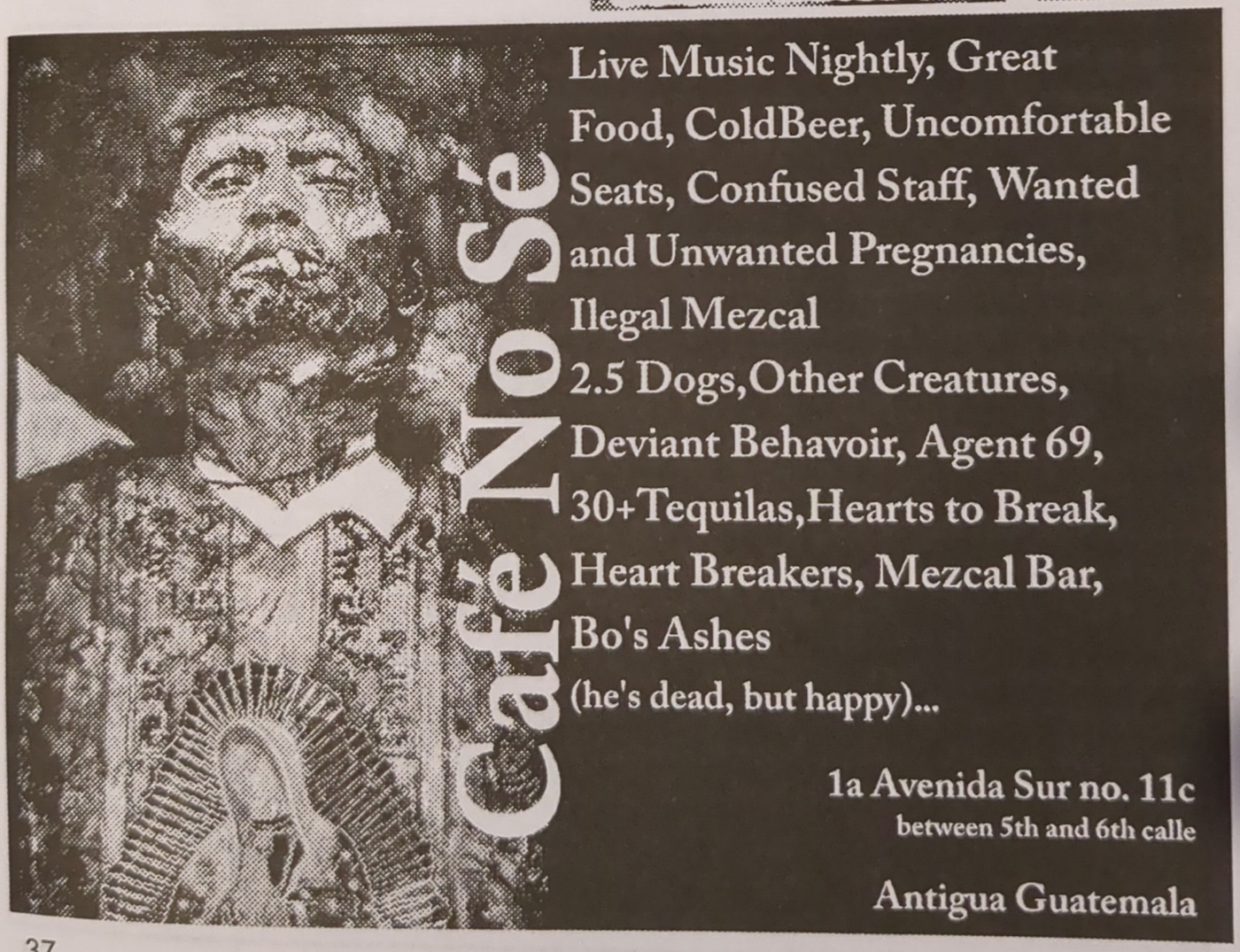
Ocelot, a jazz and blues bar, serves fine liquors and beer inside and in the garden. ***Happy Hour: 5-6.*** Ocelot Pub Quiz is presented by Shaun Paul Griffiths Mondays at 8 pm. The Lava Bar has gourmet burgers and a great terrace view. ***Happy Hour: 6-7 PM.***

Café No Sé

Draft beer, live music and the town's top tequila bar- featuring Ilegal Mezcal. ***Happy Hour from 5-7.*** Movies and meals across the street at "Tu Pina Tambien ", with a Sunday and Saturday **brunch 10 am-5 pm.**

Dyslexia Books is next door .

Lodging: El Hostal, great place to stay, private and dorm- rooms, big breakfast


Café No Sé
Live Music Nightly, Great Food, ColdBeer, Uncomfortable Seats, Confused Staff, Wanted and Unwanted Pregnancies, Ilegal Mezcal
2.5 Dogs, Other Creatures, Deviant Behavoir, Agent 69, 30+Tequilas, Hearts to Break, Heart Breakers, Mezcal Bar, Bo's Ashes
(he's dead, but happy)...
1a Avenida Sur no. 11c
between 5th and 6th calle
Antigua Guatemala

Terrace Bar & Gourmet Burgers
4th. Avenida Norte #3 La Antigua, Guatemala

LAVA

ocelot

Blues and Jazz Joint
4ta Avenida North #3, La Antigua
Amazing Terrace

San Pedro Spanish School
Combined Courses

SAN PEDRO SPANISH SCHOOL
QUETZALTENANGO SPANISH SCHOOL
SAN MARCOS SPANISH SCHOOL

Connecting Cultures

tel: (502) 7721 8176 / mob: 5966 2072
www.sanpedrospanishschool.org
info@sanpedrospanishschool.org

Proudly supporting Niños del Lago
www.ninosdellagosanpedro.org

SAN PEDRO, SAN MARCOS and XELA- SPANISH SCHOOL´S

Since opening in 1997, San Pedro Spanish School, with stunning gardens, highly-trained and accredited teachers and 'purpose-driven' attitude (supporting Ninos del Lago children's project) has become the bench-mark in Lago Atitlan for total Spanish and cultural immersion. San Marcos Spanish School is the ideal place to learn Spanish and the local culture. Combined Courses with our San Marcos and Xela campuses, plus Online Study are also now available.

CASA ATITLAN

Hotel and Restaurant

The Place to Stay in San Pedro

Rooms with Private Bath, Dorms

Rooftop Terrace with Lake View

High Speed WiFi

#1 in 2014 TripAdvisor

Dorms: $9

Private Rooms: $18-28

All Rooms & Dorms Include Free Breakfast from Menu

We accept VISA, VISA Electron, Discover, American Express, MasterCard & Diner's Club

HOME OF CAFE ATITLAN

MacMayan Sandwich • Omelets • Burritos
Hippie's Breakfast • Pancakes

Calgary Cowboy Burger • Dutch Feast

Chicken Rolls • Miego Reng • Mango Curry
Beef Medallions • Burritos

"From the bean to the cup, we process and roast our own coffee, grown right here at Lake Atitlan, just for you."

Certificate of Excellence
tripadvisor
2014 WINNER

In San Pedro (see map on page 8)
cafecristalinas@yahoo.com
Phone: 7721-8319 4315-7207